



California Tobacco Control Alliance

PROPOSAL FOR A STATEWIDE MODEL SMOKING CESSATION BENEFIT

What is covered?

1. Brief cessation intervention by physician and clinical staff consisting of all of the 5 “A’s” (Ask, Advise, Assess, Assist, Arrange).
2. First line pharmacotherapy drugs, both OTC and prescription, including:
 - Prescription
 - Bupropion SR (Zyban)
 - Nicotine nasal spray
 - Nicotine inhaler
 - Nicotine patches still listed as Rx only
 - Over-the-Counter
 - Nicotine patch (i.e. Nicoderm)
 - Nicotine gum (i.e. Nicorette)
 - Nicotine lozenge (i.e. Commit)
3. Second Line pharmacotherapy drugs (for use after first line have been considered or used):
 - Prescription
 - Clonidine
 - Nortriptyline
4. Intensive, timely person-to-person behavioral treatment, by trained cessation specialists.
The format for behavioral treatment cessation-related sessions may consist of group, telephone or individual face-to-face sessions.

Who will receive this new benefit?

All enrollees in California health plans, under either commercial or Medi-Cal products.

What will the enrollee costs be?

1. For visits to primary care physicians or trained cessation specialists, specifically to discuss quitting smoking, health impacts, available options, and strategies for success, co-payments will be equal to the standard co-payment required for office visits.
2. For pharmacotherapies, co-payments will be consistent with the enrollee’s pharmacy benefit.
3. For participation in plan-sponsored, medical group-sponsored or community-sponsored classes or groups—except for Medi-Cal enrollees—the health plan may require some co-pay or share of cost from the enrollee.

What limits will be placed on use of the smoking cessation benefit?

1. Two courses of treatment will be covered per year.
2. Participation in a behavioral treatment program—such as group, telephone or individual classes or sessions—is a condition for receipt of medications.
3. Repeated quit attempts will be unrestricted, with the exception that courses of medication will be capped at two courses per year. Enrollees may participate in an unlimited number of cessation classes, group programs, behavioral treatment sessions or visits with a trained cessation specialist in a year. Co-pays or share of cost requirements may apply to repeat use of behavioral treatment methods.
4. Cessation visits, behavioral treatment sessions, and pharmacotherapy services are separate from the mental health benefit and will not be counted against it.